

LifeTrak: Bible Studies for Older Youth

1.1 (Published FALL 2000)

Unit 1 - Rethinking My LifeTrak
Unit Developmental Life Issue: Worldview

Lesson 1: My Priority
Life Question: What should be most important in my life?
Biblical Truth: God's kingdom deserves first place in your life.
Bible Passage: Matthew 6:19-33

Lesson 2: My Standards
Life Question: Why can't I live like everyone else?
Biblical Truth: Jesus calls you to the highest standard of living-Christlikeness!
Bible Passages: Matthew 5:21-22,27-28,31-39,43-44

Lesson 3: My Decisions
Life Question: How can I have the best life?
Biblical Truth: True life comes only as you follow God's wisdom and will.
Bible Passages: Matthew 7:13-14,21-27; Romans 12:2; 1 John 2:15-17

Unit 2 - World Changers
Unit Developmental Life Issue: Impact

Lesson 1: Body Building
Life Question: How can I make a difference in my church?
Biblical Truth: Your church will be strengthened as you love other believers and work to maintain unity.
Bible Passages: John 13:34-35; Galatians 6:9-10; Ephesians 4:1-6,29-32

Lesson 2: Light Seasoning
Life Question: How can I make a difference in my world?
Biblical Truth: As Christ lives through you, you can change the world around you.
Bible Passages: Matthew 5:13-16; Colossians 4:5-6; 1 Peter 2:9-12

Unit 3 - Why Should I Listen to You?
Unit Developmental Life Issue: Authority

Lesson 1: The Ultimate Authority
Life Question: Where can I find the final authority for my life
Biblical Truth: Jesus Christ is the ultimate authority because of His obedience to God the Father. Through His death and resurrection, Christ has been raised to the highest place and desires our submission to His authority.
Bible Passages: Colossians 1:15-20; Hebrews 4:14-16; Matthew 28:18-20

Lesson 2: Close Association
Life Question: Why should I listen to parents and church leaders?
Biblical Truth: God expects you to obey and respect your parents and church leaders.

Lesson 3: Who's the Boss?
Life Question: Why should I be a good employee?
Biblical Truth: Your work habits and attitudes toward employers reflect your relationship to Christ.

Lesson 4: Leaders Everywhere

Life Question: Why should I trust leaders in my world?

Biblical Truth: Because government is established by God, you should submit to the leadership of government authorities.

Bible Passages: Romans 13:1-7; 1 Peter 2:13-17

Unit 3 - The Last Word

Unit Developmental Life Issue: Scripture

Lesson 1: Nothing But the Truth

Life Question: Why should I trust the Bible?

Biblical Truth: All Scripture is inspired by God and has proven to be the trustworthy guide for life.

Bible Passages: Isaiah 40:8; 2 Timothy 3:14-17; 2 Peter 1:12-21

Lesson 2: You Have My Word On It (Evangelistic session)

Life Question: What has God promised to me?

Biblical Truth: God promises you forgiveness, guidance, peace, and eternal life.

Bible Passages: Isaiah 1:18; 1 John 1:9; John 14:1-4,15-21,25-27

Lesson 3: What's In It For Me?

Life Question: How can the Bible help me?

Biblical Truth: God's Word provides benefits that will enhance your life.

Bible Passages: Psalm 119:97-105; Hebrews 4:12-13

Lesson 4: A Message to Share

Life Question: Why should I study the Bible?

Biblical Truth: As you come to know God's Word, you will have opportunities to share its life-changing message with others.

Bible Passage: Acts 8:26-40

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1.2 (Available for WINTER 2000-2001)

Unit 1 - Truth or Consequences

Unit Developmental Life Issue: Truth

Session 1: The Forerunner

Life Question: What can I learn from John the Baptist?

Biblical Truth: You can stand by the truth, even when it results in difficulties.

Bible Passages: Matthew 3:1-3; 14:3-12

Session 2: Why Me?

Life Question: Why was I created?

Biblical Truth: God created you to have a personal relationship with Him through Jesus Christ.

Bible Passages: Genesis 3:8-9; Ephesians 1:3-9; 2:10; Titus 2:11-14

Session 3: Beyond Death

Life Question: What happens to me after I die?

Biblical Truth: At death, you must stand before the throne of God to be condemned to hell or welcomed into heaven.

Bible Passages: John 3:16-18; Hebrews 9:27-28; Revelation 20:11-15

Session 4: Beyond Birth

Life Question: What's the truth about Jesus' birth?

Biblical Truth: God became man in the person of Jesus Christ in order to identify with you.

Bible Passages: Matthew 1:18-25; 2:1-12

Unit 2 - Emotional Roller Coasters

Unit Developmental Life Issue: Forgiveness

Session 1: Living Beyond Regret

Life Question: How do I recover when I've really blown it?

Biblical Truth: God offers you forgiveness and restoration when you repent of your sin.

Bible Passage: Psalm 51:1-12

Session 2: Dealing with Depression

Life Question: How can I deal with depression?

Biblical Truth: God wants to restore you from depression.

Bible Passages: Psalm 13:1-6; 2 Corinthians 1:3-11

Unit 3 - Circle of Friends

Unit Developmental Life Issue: Relationships

Session 1: Closer Than a Brother

Life Question: How can I choose good friends?

Biblical Truth: By following biblical guidelines, you can choose good friends.

Bible Passages: Proverbs 10:12; 12:26; 16:28; 17:9,17; 18:24; 27:17; John 15:12-13

Session 2: B/F/F (Best Friends Forever)

Life Question: How can I be a good friend?

Biblical Truth: Good friends are loyal to each other and seek to honor God.

Bible Passages: 1 Samuel 20:1-17,41-42

Session 3: Let the Circle Be Unbroken

Life Question: How do I resolve conflicts with my friends?

Biblical Truth: By confronting problems with honesty, mercy, and forgiveness, you can resolve conflicts with your friends.

Bible Passages: Matthew 5:21-26; 18:15-17; Ephesians 4:29-32

Unit 4 - Nothing To Hide

Unit Developmental Life Issue: Purity

Session 1: Me? A Sanctuary?

Life Question: Why should I eat properly, exercise, and avoid alcohol and other drugs?

Biblical Truth: If you are a Christian, your body is God's temple and He desires a pure dwelling place.

Bible Passages: Daniel 1:3-20; Romans 12:1; 1 Corinthians 3:16-17

Session 2: Wait for Your Mate

Life Question: Why should I remain sexually pure?

Biblical Truth: By remaining sexually pure, you avoid negative consequences and experience the blessings that come from obedience.

Bible Passages: Philippians 1:9-11; 1 Corinthians 6:12-20; 1 Thessalonians 4:3-7

Session 3: The Problem with Pornography

Life Question: Since God created the human body, why is pornography sinful?

Biblical Truth: Pornography leads to sinful thoughts and actions, devalues people as persons of worth created in God's image, and results in lustful behavior instead of loving behavior.

Bible Passages: Psalm 101:3; Ephesians 5:1-7; 1 Timothy 5:1-2; 2 Timothy 2:22

Session 4: Give It Some Thought

Life Question: Why does God care about my thoughts?

Biblical Truth: A transformed mind leads to a changed life that reflects Christ.

Bible Passages: Romans 12:2; 2 Corinthians 10:5; Philippians 4:8-9; Colossians 3:1-4

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1.3 (Available SPRING 2001)

Unit 1 - More Than Sunday Morning

Unit Developmental Life Issue: Spiritual Transformation

Session 1: From the Inside Out

Life Question: What does it mean to be a Christian?

Biblical Truth: A Christian is one whose life is being changed into the likeness of Jesus Christ.

Bible Passage: Luke 8:4-15

Session 2: A New Creation

Life Question: What will spiritual transformation look like in my life?

Biblical Truth: Because you have been reconciled to God and are a new creation, your life will be marked by distinct changes in your attitudes and actions.

Bible Passage: 2 Corinthians 5:14-21

Session 3: Avoiding Pitfalls

Life Question: What hinders me from becoming like Christ?

Biblical Truth: Sin and rebellion in your life will keep you from being all that God wants you to be.

Bible Passage: Galatians 5:16-26

Session 4: More Power

Life Question: How can I live the way God wants me to live?

Biblical Truth: God will fill you and empower you with everything necessary to do His will as you allow Him to direct your life.

Bible Passage: Colossians 1:3-14

Unit 2- Money Matters

Unit Developmental Life Issue: Stewardship

Session 1: You Can't Take It with You

Life Question: What's wrong with having lots of "stuff?"

Biblical Truth: True joy comes from building your life on God's kingdom principles, not on earthly possessions.

Bible Passages: Psalm 49:16-19; 1 Timothy 6:6-10

Session 2: Name It, Claim It?

Life Question: What kind of prosperity does God want me to seek?

Biblical Truth: God does not guarantee prosperity, but He does promise abundant life.

Bible Passages: Matthew 7:7-11; John 10:10; Hebrews 11:32-40

Unit 3- When Life Turns Upside Down

Unit Developmental Life Issue: Suffering

Session 1: Once For All

Life Question: Why did Jesus suffer and die?

Biblical Truth: Jesus suffered, died, and rose from the dead in order to provide eternal life for you.

Bible Passages: Mark 15:25-34,37; 16:1-6; Hebrews 9:11-12

Session 2: The Paradox

Life Question: Since God loves us, why does He allow suffering?

Biblical Truth: Suffering is the consequence of living in a sinful world.
Bible Passages: Genesis 2:15-25; 3:14-20; Romans 8:18-25

Session 3: Where Are You, God?

Life Question: Where is God when I am hurting?

Biblical Truth: Even in the midst of suffering, God promises His presence, His peace and His provision to sustain you in hard times.

Bible Passage: John 11:17-44

Unit 4- Dare To Share

Unit Developmental Life Issue: Evangelism

Session 1: The Starting Point

Life Question: How can I begin to witness?

Biblical Truth: Sharing your faith begins with a personal relationship with Jesus Christ and with communicating it to others.

Bible Passage: John 4:4-29,39-42

Session 2: The Road Map

Life Question: What Scriptures can I use to share my faith?

Biblical Truth: The book of Romans contains many Scriptures you can use to lead someone to Christ.

Bible Passage: Romans 3:23-24; 5:8; 6:23; 10:9-10,13

Session 3: Prepared To Answer

Life Question: How do I answer questions people ask about being a Christian?

Biblical Truth: The Bible provides answers to tough questions regarding God's plan for salvation.

Bible Passages: John 14:5-7; Romans 3:10-12; 1 Peter 3:15-16; 2 Peter 3:9

Session 4: Freaks and Geeks

Life Question: Why should I reach out to people who are different than me?

Biblical Truth: God has commissioned you to minister to all people, not just those in your own circle of friends.

Bible Passage: Mark 5:1-20

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1.4 (Available SUMMER 2001)

Unit 1 - Character Sketches
Biblical character study

Session 1: Giving My All

Life Question: Why does God want me to trust Him?

Biblical Truth: God wants you to trust Him because it strengthens your relationship with Him and results in His blessings.

Bible Passages: 1 Samuel 1:1-28; 2:18-21

Session 2: 20/20 Vision

Life Question: How should I handle my problems?

Biblical Truth: God wants you to focus on His love, control, and protection in the midst of your problems.

Bible Passage: 2 Kings 6:8-23

Session 3: Family Affair

Life Question: How should I treat my family?

Biblical Truth: God wants you to treat your family members with love, respect, and selflessness.

Bible Passages: Exodus 2:1-10; Numbers 12:1-15

Session 4: Trust and Obey

Life Question: How can I honor God when those around me disobey Him?

Biblical Truth: You can honor God by refusing to give in to peer pressure and by trusting and obeying regardless of the circumstances.

Bible Passages: Numbers 13:17-20,26-33; 14:1-9,20-24

Unit 2 - Who Am I?

Unit Developmental Life Issue: Self-identity in Christ

Session 1: One of a Kind

Life Question: What's wrong with trying to fit in with popular culture?

Biblical Truth: Since God created you as a unique individual, you should be yourself instead of trying to fit in with culture.

Bible Passages: 1 Samuel 16:1-13; Psalm 139:13-14

Session 2: Prized Possession

Life Question: How can I know who I am?

Biblical Truth: God loves you and chose you in Christ.

Bible Passages: Deuteronomy 7:6-9; Zephaniah 3:17; Colossians 1:21-22; 1 Peter 2:9-10

Unit 3- It's Just Not Fair!

Unit Developmental Life Issue: Justice

Session 1: Justice Delayed

Life Question: Why is the world so unfair?

Biblical Truth: The world may seem unfair now, but one day God will bring perfect justice.

Bible Passage: Habakkuk 1:2-6,12-13; 2:2-4; 3:8-18

Session 2: Paid In Full

Life Question: How can God forgive me?

Biblical Truth: Although God judges sin, He provides mercy through the person and work of Jesus Christ.
Bible Passages: Isaiah 42:1-4; Ephesians 2:1-5; Titus 3:3-7

Session 3: What God Requires

Life Question: How can I be fair toward others?

Biblical Truth: God wants you to be merciful to those around you.

Bible Passages: Isaiah 1:10-17; Zechariah 7:1-10

Unit 4- Living Proof

Bible Book Study: 1 John

Session 1: Living or Dying

Life Question: How do I deal with the sin in my life?

Biblical Truth: When you repent from sin and turn to God, you will be forgiven for your sin.

Bible Passages: 1 John 1:5-2:2; 2:28-3:3

Session 2: Catching Counterfeits

Life Question: How can I know a leader is from God?

Biblical Truth: You can know if a leader is from God by comparing what that person's words and actions to the truths of Scripture.

Bible Passages: 1 John 2:18-27; 4:1-6

Session 3: Burden of Proof

Life Question: How can I know I am becoming more like Christ?

Biblical Truth: Living in obedience to God is an outward expression of the inward changes in your heart.

Bible Passages: 1 John 2:15-17; 3:4-10; 5:1-5

Session 4: Proof Positive

Life Question: Why should I love others?

Biblical Truth: You should love others because God first loved you.

Bible Passage: 1 John 3:16-18; 4:7-12,19-21